

LUNCH MENU

RESERVATION INFO BELOW.
PLEASE LET US KNOW IF
YOU NEED TO CANCEL!

2026 / MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All menu items are subject to change. We will post applicable updates on our website: www.generationsofiv.org</p>				<p>1 Chicago Style Hot Dog; Baked Beans; Broccoli Salad</p>
<p>4 Pulled Pork with Mango Salsa; Sweet Potato Fries; Green Salad</p>	<p>5 Christine's Famous Chicken Salad on Sliced Tomato with Greens; Ciabatta roll</p>	<p>6 Cheesesteak Flatbread w/Caramelized Onions, Mushrooms, & Zesty Ketchup Drizzle; Caesar Salad</p>	<p>7 Lemon Feta Orzo Shrimp Salad w/ Dill, Cucumbers, & Tomatoes Over Greens; Rosemary Focaccia</p>	<p>8 Grilled Cheese; Tomato Basil Soup; Fresh Fruit</p>
<p>11 Honey Chicken in a Biscuit; Cole Slaw; Fruit</p>	<p>12 Monte Cristo w/ Maple Syrup; Mixed Greens; Salad</p>	<p>13 Special Event (No Regular Meal): 1:00 Volunteer Picnic Event see p. 1</p>	<p>14 Baked Shells; Caesar Salad; Ciabatta Roll</p>	<p>15 Sloppy Joe on Onion Roll; Corn Chips; Fresh Fruit</p>
<p>18 Garlic Bread Meatball "Boat" w/ Fresh Mozz; Garden Salad; Fresh Fruit</p>	<p>19 Kielbasa and Kraut on a Club Roll; Green Salad; Fruit</p>	<p>20 Happy Birthday Chef's Salad w/ Ham, Turkey, Swiss, & HB Egg; Whole Wheat Dinner Roll; Melon</p>	<p>21 Sausage and Hash Brown Frittata; Garden Salad</p>	<p>22 Chicken Parmesan; Caesar Salad; Garlic Knot</p>
<p>25 Memorial Day Generations Closed</p>	<p>26 Chicken Pot Pie; Green Salad</p>	<p>27 Beef Taco Quesadilla w/ Cheddar Cheese, Salsa & Avocado Crema Ranch; Caesar Salad</p>	<p>28 Chicago Style Hot Dog; Baked Beans; Broccoli Salad</p>	<p>29 Ground Turkey Stuffed Peppers; Green Salad; Whole Wheat Dinner Roll</p>

WELLNESS/SPA OFFERINGS

MASSAGE MONDAYS, BY APPT

Enjoy a 30-minute chair massage for \$30 or a 60-minute fully clothed table massage for \$65 (shorts and a tank top recommended for comfort) with Licensed Massage Therapist Jim Davidson. Cash or check made payable to Jim Davidson. Tips are welcomed, and a portion of proceeds will benefit Generations directly. **To schedule, call/text Jim at 570-449-9466.**

ACUPUNCTURE FOR PAIN RELIEF: MONDAYS, 11:00AM

Charles Illingworth, IV, L.Ac., offers weekly Group Acupuncture. All participants will be treated for pain while seated. \$20 per session includes donation to Generations. Pre-registration is not required. Sign in at the front desk upon arrival, and pay for a ticket before each session.

HAIRCUTS BY APPOINTMENT: SELECT MONDAYS & TUESDAYS

Robin Dennis, licensed cosmetologist offers haircuts by appointment on site at Generations. \$10 includes a "dry" cut and a donation to Generations. To schedule your appointment, please stop by the Generations front desk or call 215-723-5841.

BLOOD PRESSURE SCREENINGS:

MONDAYS, APRIL 6 & MAY 4, BEGINNING AT 11:15AM
Free blood pressure checks, provided by Jefferson Health-Abington. First come, first served; sign up on the posted sign-in sheet at the Ridgeview Room and the nurse will call you in.

GUIDED MEDITATION FOR STRESS RELIEF

MONDAYS, 10:00AM

Start your journey to a calmer mind by enjoying 30 quiet, refreshing minutes and a guided meditation from sound to silence. Result: a refreshed you with better focus. Darlene Cianci, Certified Instructor. Fee: \$4/class or \$20/6 classes. No pre-registration required. Sign in and pay at front desk upon arrival.

ATTENTUS HEARING CARE:

WEDNESDAYS, APRIL 1 & MAY 6, BY APPOINTMENT

Audiologist Dr. Abby Holauchock offers free hearing screenings, hearing aid cleanings, and ear wax checks at Generations. **To schedule your free screening, please call 267-669-1345 (sorry text feature is no longer available).** Additional services available for a fee: ear wax removal and hearing aid repairs. Full evaluations and consultations are also available at Generations or in your home.